



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15017, Fish, cod, Atlantic, canned, solids and liquid

Report Date: June 25, 2017 18:07 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can 312g
Proximates						
Water	g	75.61	--	--	64.27	235.90
Energy	kcal	105	--	--	89	328
Energy	kJ	439	--	--	373	1370
Protein	g	22.76	--	--	19.35	71.01
Total lipid (fat)	g	0.86	--	--	0.73	2.68
Ash	g	1.49	--	--	1.27	4.65
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	21	--	--	18	66
Iron, Fe	mg	0.49	--	--	0.42	1.53
Magnesium, Mg	mg	41	--	--	35	128
Phosphorus, P	mg	260	--	--	221	811
Potassium, K	mg	528	--	--	449	1647
Sodium, Na	mg	218	--	--	185	680
Zinc, Zn	mg	0.58	--	--	0.49	1.81
Copper, Cu	mg	0.037	--	--	0.031	0.115
Manganese, Mn	mg	0.020	--	--	0.017	0.062
Selenium, Se	µg	38.1	--	--	32.4	118.9
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	--	--	0.8	3.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can 312g
Thiamin	mg	0.087	--	--	0.074	0.271
Riboflavin	mg	0.079	--	--	0.067	0.246
Niacin	mg	2.505	--	--	2.129	7.816
Pantothenic acid	mg	0.170	--	--	0.145	0.530
Vitamin B-6	mg	0.282	--	--	0.240	0.880
Folate, total	µg	8	--	--	7	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	25
Folate, DFE	µg	8	--	--	7	25
Choline, total	mg	85.0	--	--	72.2	265.2
Vitamin B-12	µg	1.05	--	--	0.89	3.28
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	14	--	--	12	44
Retinol	µg	14	--	--	12	44
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	47	--	--	40	147
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.82	--	--	0.70	2.56
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	1.0	3.7
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	1.0	3.7
Vitamin D	IU	47	--	--	40	147
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.3
Lipids						
Fatty acids, total saturated	g	0.167	--	--	0.142	0.521
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can 312g
14:0	g	0.012	--	--	0.010	0.037
16:0	g	0.116	--	--	0.099	0.362
18:0	g	0.038	--	--	0.032	0.119
Fatty acids, total monounsaturated	g	0.124	--	--	0.105	0.387
16:1 undifferentiated	g	0.020	--	--	0.017	0.062
18:1 undifferentiated	g	0.078	--	--	0.066	0.243
20:1	g	0.019	--	--	0.016	0.059
22:1 undifferentiated	g	0.004	--	--	0.003	0.012
Fatty acids, total polyunsaturated	g	0.291	--	--	0.247	0.908
18:2 undifferentiated	g	0.006	--	--	0.005	0.019
18:3 undifferentiated	g	0.001	--	--	0.001	0.003
18:4	g	0.001	--	--	0.001	0.003
20:4 undifferentiated	g	0.028	--	--	0.024	0.087
20:5 n-3 (EPA)	g	0.004	--	--	0.003	0.012
22:5 n-3 (DPA)	g	0.013	--	--	0.011	0.041
22:6 n-3 (DHA)	g	0.153	--	--	0.130	0.477
Cholesterol	mg	55	--	--	47	172
Amino Acids						
Tryptophan	g	0.255	--	--	0.217	0.796
Threonine	g	0.998	--	--	0.848	3.114
Isoleucine	g	1.049	--	--	0.892	3.273
Leucine	g	1.850	--	--	1.573	5.772
Lysine	g	2.091	--	--	1.777	6.524
Methionine	g	0.674	--	--	0.573	2.103
Cystine	g	0.244	--	--	0.207	0.761
Phenylalanine	g	0.889	--	--	0.756	2.774
Tyrosine	g	0.768	--	--	0.653	2.396
Valine	g	1.173	--	--	0.997	3.660
Arginine	g	1.362	--	--	1.158	4.249
Histidine	g	0.670	--	--	0.570	2.090
Alanine	g	1.377	--	--	1.170	4.296
Aspartic acid	g	2.331	--	--	1.981	7.273
Glutamic acid	g	3.398	--	--	2.888	10.602

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 can 312g
Glycine	g	1.093	--	--	0.929	3.410
Proline	g	0.805	--	--	0.684	2.512
Serine	g	0.929	--	--	0.790	2.898
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0